

# Healthy Snacking and Beverage Choices

**Maintaining a healthy weight is good for both your body and your mind. Choosing healthy snacks and beverages can help give you the energy you need at school, at work and at play!**



## GENERAL TIPS

- 1 Plan ahead and control serving sizes by measuring out snacks ahead of time.
- 2 Energize with carbohydrates from whole grains, dairy, fruits, and vegetables. *Limit products such as snack bars, sweetened cereals, and fruit snacks.*
- 3 Power up with lean protein such as meat, eggs, or nuts.
- 4 Drink 6-8 cups of WATER each day.
- 5 Avoid energy drinks, soda, and sports drinks high in sugar.

## ONLINE RESOURCES

[www.hclhic.org](http://www.hclhic.org)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.eatright.org](http://www.eatright.org)

[www.kidseatright.org](http://www.kidseatright.org)

## HEALTHY SNACK IDEAS

- Greek yogurt with granola
- Low-fat granola bar
- Crackers with peanut butter
- Whole grain cereal with low-fat milk
- Pretzels with cheese cubes
- String cheese with fruit
- Half of a turkey sandwich
- Trail mix (without chocolate)

**THE HEALTH  
DEPARTMENT AND  
YOU**

 **HOWARD COUNTY  
HEALTH DEPARTMENT**

**Howard County LHIC**  
Local Health Improvement Coalition

410.313.6204 | [hclhic.org](http://hclhic.org)



# Nutrition Education Resources

Program	Specialty Areas	Contact/Website
<b>Better Beverage Finder</b>	Offers a quick way to find better beverages to reduce sugary drink consumption.	<a href="http://www.betterbeveragefinder.org">www.betterbeveragefinder.org</a>
<b>Columbia Association</b>	Columbia Optimal Health, Columbia Optimal Health for My Baby and Me, Fit Beginnings are offered to Columbia Association members and non-members with physician referral.	410-715-3128 <a href="https://bit.ly/2N2mMo8">https://bit.ly/2N2mMo8</a>
<b>Giant Food Nutrition Education Program</b>	Registered Dietitians provide nutrition education and grocery store tours to community members.	410-696-1309 <a href="https://bit.ly/2w9EMFS">https://bit.ly/2w9EMFS</a>
<b>Health Promotion On Call</b>	Registered Dietitians provide nutrition counseling to individuals and groups.	443-794-7187 <a href="https://bit.ly/2MFDYTu">https://bit.ly/2MFDYTu</a>
<b>Howard County General Hospital Wellness Center</b>	Provides outreach and education to the Howard County community including screenings to determine risk for high blood pressure, various types of cancer, mental health issues and diabetes.	410-740-7601 <a href="https://bit.ly/2nTmoO0">https://bit.ly/2nTmoO0</a>
<b>Howard County Local Health Improvement Coalition</b>	Provides Healthy Weight and Physical Activity resources including a directory of Howard County Food and Nutrition Assistance and Nutrition Education Services.	410-313-6204 <a href="http://www.hclhic.org">www.hclhic.org</a>
<b>PCRM Kick-Start</b>	The Physicians Committee for Responsible Medicine provides online nutrition information about following a plant-based diet. Information available in English, Spanish, and Mandarin Chinese.	202-686-2210 <a href="https://bit.ly/2hEBY9v">https://bit.ly/2hEBY9v</a>
<b>University of Maryland Extension Food Supplement Nutrition Education Program</b>	Provides programs in topics such as food safety and preventing foodborne illness, food preservation, and nutrition education for youth and adults.	410-313-1797 <a href="https://bit.ly/2PmHwbZ">https://bit.ly/2PmHwbZ</a>